

STRONG AND POWERFUL

GET FIRED UP

Killer Glutes and Thighs

Looking to tone your lower body? Complete **3 sets of 10-15 reps** of each of these exercises, and you'll be well on your way to killer glutes and thighs!

SQUAT

Stand with feet hip-width apart. While keeping your weight centered at your heels, draw in your abs, exhale, and hinge forward at the hips, slowly lowering your butt. Keep your knees behind your toes and look straight ahead. Exhale, and straighten legs.



Advanced:

Use a kettlebell or dumbbell, or complete a **Jump Squat**. After you lower your body, jump up using your arms to propel you higher.



FORWARD LUNGE

Stand with feet hip-width apart. Inhale, step forward with one leg and lower your body to 90° at both knees. Keep your knees behind your toes and look straight ahead. Exhale, push your body up as you straighten your legs.

Advanced:

Hold weights in each hand or complete a **Walking Lunge**. After lowering your body, bring your back leg beside your front leg as you come into a standing position. Take another step forward with the other leg and repeat.



BRIDGE

Lie with arms at your sides, feet on the floor, and knees bent. Press into your heels. Exhale, slowly lifting your hips off the floor toward the ceiling. Squeeze glutes. Inhale, returning to the starting position without letting your butt touch the ground.



Advanced:

Extend and raise one leg toward the ceiling. Complete the same exercise. If you have an exercise ball, rest the other leg on top.



STRONG AND POWERFUL

GET FIRED UP

HAMSTRING CURL WITH BALL

Lie with palms pressing against the floor, feet resting on top of an exercise ball. Lift glutes and lower back off the floor. Exhale and slowly bring your feet towards your body. Inhale and extend your legs away from the body and back to the starting position.



Advanced:

Complete the same exercise, but extend and lift one leg off the ball.



SIDE LUNGES

Begin by standing with feet hip-distance apart. Inhale, step out to the right, and shift your body weight to your right leg. Squat to a 90° angle at the right knee. Keep your weight centered at your heel, knees behind your toes. Exhale, push off, and bring your right leg back to centre. Repeat on the left side.

Advanced:

Complete the same exercise, but add a small hop as you shift your weight side to side.



“NO GOAL WAS EVER MET WITHOUT A LITTLE SWEAT.”

**Remember to always check with your healthcare provider before beginning any new exercise routine.*

Source: <http://www.sparkpeople.com/>